

## ABSTRAK

Tepung Pisang Raja (*Musa Paradisiaca*), Tepung Ubi Jalar Ungu (*Ipomoea Batatas*) dan Tepung Kacang Hijau (*Vigna Radiata*) merupakan tepung bebas gluten sehingga baik digunakan sebagai alternative bahan pembuatan cookies sebagai makanan selingan penyandang autis. Penelitian ini bertujuan untuk menganalisis pengaruh formulasi tepung pisang raja, tepung ubi jalar ungu dan tepung kacang hijau terhadap kadar gluten, kasein, mutu kimia, nilai energi, dan mutu organoleptic cookies sebagai makanan selingan anak penyandang autis yang memenuhi standar mutu cookies menurut SNI 2973:2011. Uji organoleptik dilakukan untuk mengetahui tingkat kesukaan dan penerimaan panelis terhadap cookies. Parameter yang digunakan meliputi warna, aroma, tekstur, rasa dan penerimaan keseluruhan. Formulasi tepung pisang raja, tepung kacang hijau dan tepung ubi jalar ungu memberikan pengaruh yang signifikan terhadap tekstur cookies, namun tidak memberikan pengaruh signifikan pada warna, rasa dan aroma cookies. Cookies yang paling disukai adalah taraf perlakuan F2 dengan proporsi tepung pisang raja, tepung kacang hijau dan tepung ubi jalar ungu (57,4 g : 6,8 g : 35,8 g) dengan nilai energi 492 kkal yang memenuhi syarat mutu SNI Biskuit 1992 dengan minimum 400 kkal/100 g. akan tetapi kadar protein masih rendah sebesar 4,6% yang belum memenuhi syarat mutu cookies menurut SNI biscuit (2011) yaitu minimal 5%. Cookies bebas gluten dan kasein berbahan tepung pisang raja (*Musa paradisiaca*), Tepung Ubi Jalar Ungu (*Ipomoea batatas*) dan Tepung Kacang Hijau (*Vigna radiata*) taraf perlakuan F2 sangat baik dikonsumsi sebagai makanan selingan anak penyandang autis

**Kata kunci** : *Musa paradisiaca*, *Ipomoea batatas*, *Vigna radiata*, tepung pisang, tepung kacang hijau, tepung ubi jalar ungu, autis, cookies, gluten, organoleptik

## ABSTRACT

Banana Raja Flour (*Musa paradisiaca*), Purple Sweet Potato Flour (*Ipomoea batatas*) and Green Beans Flour (*Vigna radiata*) are gluten-free flour so they are good for making cookies as an alternative for people with autism. This study aims to analyze the effect of the formulation of plantain flour, purple sweet potato flour and green bean flour on levels of gluten, casein, chemical quality, energy value, and organoleptic quality of cookies as a snack for children with autism who meet the quality standards of cookies according to SNI 2973: 2011. Organoleptic tests were conducted to determine the level of preference and acceptance by panelists for cookies. The parameters used include color, aroma, texture, taste and overall acceptance. The formulations of plantain flour, mung bean flour and purple sweet potato flour had a significant effect on the texture of the cookies, but did not have a significant effect on the color, taste and aroma of cookies. The most preferred cookies are treatment level F2 with the proportion of plantain flour, green bean flour and purple sweet potato flour (57.4 g: 6.8 g: 35.8 g) with an energy value of 492 kcal which meets the quality requirements of SNI Biscuits 1992 with a minimum of 400 kcal / 100 g. however, the protein content is still low at 4.6% which does not meet the quality requirements of cookies according to SNI Biscuit (2011), which is at least 5%. Gluten and casein free cookies made from plantain flour (*Musa paradisiaca*), Purple Sweet Potato Flour (*Ipomoea batatas*) and Green Beans Flour (*Vigna radiata*) at the F2 treatment level are very good for consumption as a snack for children with autism

Keywords: *Musa paradisiaca*, *Ipomoea batatas*, *Vigna radiata*, banana flour, green bean flour, purple sweet potato flour, autism, cookies, gluten, organoleptics